

守聖餐

Remember me



我當日傳給你們
的，原是從主領
受的，就是主耶
穌被賣的那一夜，
拿起餅來，

哥林多前書 1 Corinthians 11:23

**For I received from the
Lord what I also
passed on to you: The
Lord Jesus, on the
night he was betrayed,
took bread,**

祝謝了，就擘開，
說：「這是我的
身體，為你們捨
的，你們應當如
此行，為的是記
念我。」

哥林多前書 1 Corinthians 11:24

and when he had
given thanks, he broke
it and said, "This is my
body, which is for you;
do this in
remembrance of me."

飯後，也照樣拿起杯來，說：「這杯是用我的血所立的新約，你們每逢喝的時候，要如此行，為的是記念我。」

In the same way, after supper he took the cup, saying, “This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me.”

你們每逢吃這餅，
喝這杯，是表明
主的死，直等到
他來。

哥林多前書 1 Corinthians 11:26

**For whenever you eat
this bread and drink
this cup, you proclaim
the Lord's death until
he comes.**

守聖餐的三方面的含義

The

Fold Meaning of the Communion



記念主
Jesus

In remembrance of

表明主
death

Proclaiming the Lord's

等候主
Return

Anticipating Christ's

Make Every Effort to Enter That Rest

竭力進入那安息



希伯來書 Hebrews 4:1-11

我們既蒙留下有
進入他安息的應
許，就當畏懼，
免得我們中間或
有人似乎是趕不
上了。

希伯來書 Hebrews 4:1

Therefore, since the promise of entering his rest still stands, let us be careful that none of you be found to have fallen short of it.

因為有福音傳給我們，像傳給他們一樣。只是所聽見的道於他們無益，因為他們沒有信心與所聽見的道調和。

希伯來書 Hebrews 4:2

For we also have had the good news proclaimed to us, just as they did; but the message they heard was of no value to them, because they did not share the faith of those who obeyed.

但我們已經相信的人得以進入那安息，正如神所說：「我在怒中起誓說：

『他們斷不可進入我的安息。』」其實造物之工，從創世以來已經成全了。

Now we who have believed enter that rest, just as God has said, “So I declared on oath in my anger, ‘They shall never enter my rest.’” And yet his works have been finished since the creation of the world.

論到第七日，有一處說：「到第七日神就歇了他一切的工。」又有一處說：「他們斷不可進入我的安息。」

希伯來書 Hebrews 4:4-5

For somewhere he has spoken about the seventh day in these words: “On the seventh day God rested from all his works.” And again in the passage above he says, “They shall never enter my rest.”

既有必進安息的人，
那先前聽見福音的因為不信從，
不得進去，

希伯來書 Hebrews 4:6

Therefore since it still remains for some to enter that rest, and since those who formerly had the good news proclaimed to them did not go in because of their disobedience,

所以過了多年，
就在大衛的書上
又限定一日，如
以上所引的說：
「你們今日若聽
他的話，就不可
硬著心。」

希伯來書 Hebrews 4:7

God again set a certain day, calling it “Today.” This he did when a long time later he spoke through David, as in the passage already quoted: “Today, if you hear his voice, do not harden your hearts.”

若是約書亞已叫
他們享了安息，
後來神就不再提
別的日子了。

希伯來書 Hebrews 4:8

**For if Joshua had
given them rest, God
would not have
spoken later about
another day.**

這樣看來，必另有一安息日的安息為神的子民存留。因為那進入安息的，乃是歇了自己的工，正如神歇了他的工一樣。

There remains, then, a Sabbath-rest for the people of God; for anyone who enters God's rest also rests from their works, just as God did from his.

所以，我們務必竭力進入那安息，免得有人學那不信從的樣子跌倒了。

希伯來書 Hebrews 4:11

Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

Make Every Effort to Enter That Rest

竭力進入那安息



希伯來書 Hebrews 4:1-11

我們既蒙留下有
進入他安息的應
許，就當畏懼，
免得我們中間或
有人似乎是趕不
上了。

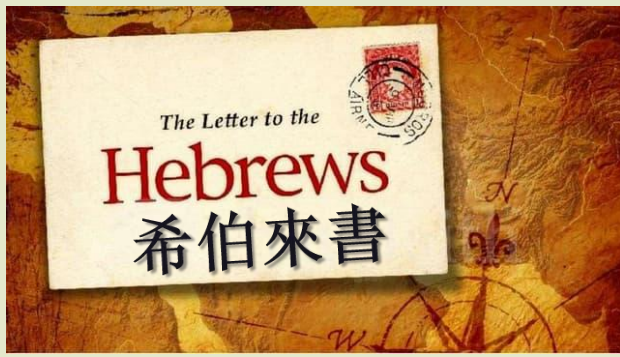
希伯來書 Hebrews 4:1

**Therefore, since the
promise of entering
his rest still stands, let
us be careful that none
of you be found to
have fallen short of it.**

所以，我們務必竭力進入那安息，免得有人學那不信從的樣子跌倒了。

希伯來書 Hebrews 4:11

Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.



以警告為開始和結束

Begin and end with a warning

希伯來書
Hebrews
4:1



當畏懼，免得我們…
趕不上了

**Be careful that none of
you ... have fallen short
of it**

面對逼迫

**Facing
persecution**



希伯來書
Hebrews
4:11

務必竭力進入那安息，
免得有人… 跌倒了

**Make every effort to
enter that rest, so that
no one will perish**

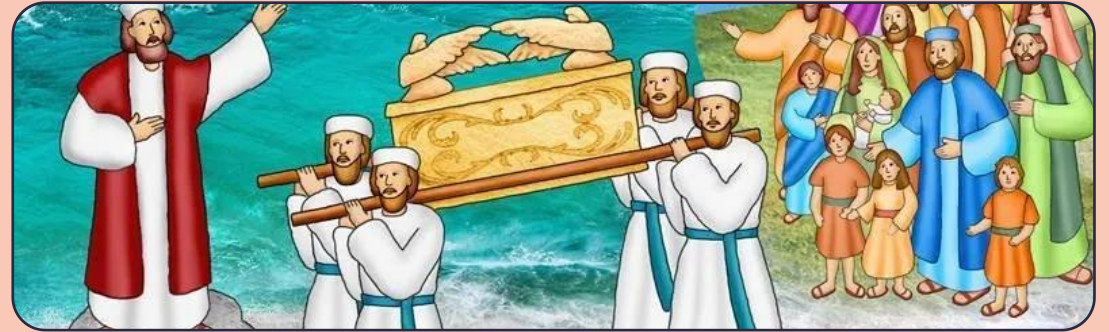
以色列人得救贖的兩個階段

Two Phases of Israel's Redemption



摩西帶領以色列人出
埃及

Moses led the Israelites
out of Egypt



約書亞帶領以色列人
進入迦南美地

Joshua led the Israelites
into the promise land

我們得救贖的兩個階段

Two Phases of Our Redemption



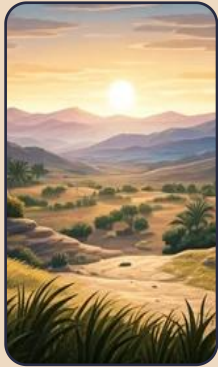
相信耶穌
十字架的救贖

**Believe in the salvation
of Jesus on the cross**

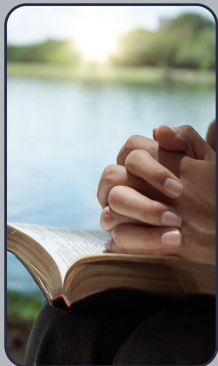


持續相信耶穌
而得安息

**Continue to trust in
Jesus and find rest**



迦南地的安息
Rest in Canaan



基督裡的安息
Rest in Christ

安息 **Rest**

- 屬靈的安息 **Spiritual Rest**
- 屬天的安息 **Heavenly Rest**
- 安息日的安息 **Sabbath-rest**
- 那安息 **That rest**
- “我的安息” **“My rest”**

竭力進入那安息

Make Every Effort to Enter That Rest

有邀請
Invitations



凡勞苦擔重擔的人，可以到我這裡來，我就使你們得安息。

馬太福音 Matthew 11:28

“Come to me, all you who are weary and burdened, and I will give you rest.

我心裡柔和謙卑，
你們當負我的軛，
學我的樣式，這
樣你們心裡就必
得享安息。

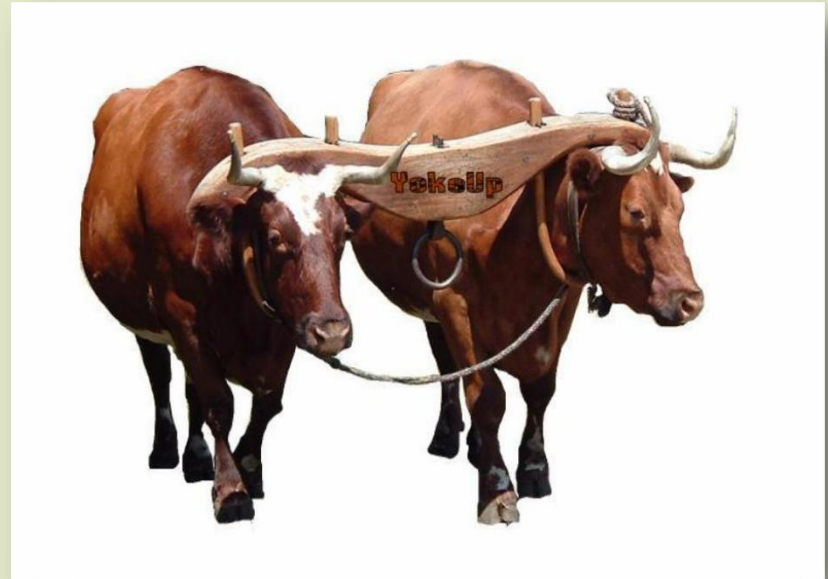
馬太福音 Matthew 11:29

**Take my yoke upon
you and learn from me,
for I am gentle and
humble in heart, and
you will find rest for
your souls.**

因為我的軛是容易的，我的擔子是輕省的。」

馬太福音 Matthew 11:30

**For my yoke is easy
and my burden is light.'**



竭力進入那安息

Make Every Effort to Enter That Rest

有邀請
Invitations

有方法
Methods



但我們已經相信
的人得以進入那
安息，……。

希伯來書 Hebrews 4:3

**Now we who have
believed enter that
rest, ……**

信心 **Faith**

相信
Belief

真實的
Genuine

持續的
On-going

四個時期

Four Phases



約書亞 Joshua



大衛
David



希伯來書作者
Author of Hebrews

信心 Faith

相信
Belief

真實的
Genuine

持續的
On-going

成長的
Growing

屬靈的品德

愛眾人的心

愛弟兄的心

虔敬

忍耐

節制

知識

德行

信心



所以弟兄們，應當更加殷勤，使你們所蒙的恩召和揀選堅定不移。你們若行這幾樣，就永不失腳。

Therefore, my brothers and sisters, make every effort to confirm your calling and election. For if you do these things, you will never stumble,

用和平彼此聯絡，
竭力保守聖靈所
賜合而為一的心。

以弗所書 Ephesians 4:3

**Make every effort to
keep the unity of the
Spirit through the
bond of peace.**

你當竭力在神面前得蒙喜悅，作無愧的工人，按著正意分解真理的道。

Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth.

竭力進入那安息

Make Every Effort to Enter That Rest

有邀請
Invitations

有方法
Methods

有榜樣
Examples



雲彩般的見證人

A cloud of witnesses



約書亞 Joshua



大衛
David



希伯來書作者
Author of Hebrews

結論 Conclusions

我們當藉著真實的、持續的、不斷成長的信心，竭力進入那安息。

We should strive to enter that rest through real, ongoing, and growing faith.

